



Department of Health
Agency of Human Services



Linking Employee Health to Better Business: Worksite Wellness Conference March 25, 2015



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BURLINGTON – Employers throughout Vermont are invited to attend the Vermont Worksite Wellness Conference, March 25, 8 a.m. to 4 p.m. at the Sheraton Hotel & Conference Center in South Burlington.

Vermont business leaders, human resources professionals, and wellness specialists will share ideas for inspiring employees to make healthy choices on and off the job.

Gov. Peter Shumlin, Health Commissioner Harry Chen, MD, and the Vermont Governor's Council on Physical Fitness and Sports will present awards to 92 employers for their efforts to create a culture of wellness at their worksites.

The deadline to register is March 17.

"In Vermont, employers now understand that employees who make healthy lifestyle choices are more productive and invested in their careers. Business leaders see the benefits of promoting wellness on and off the job, because it affects their bottom line," said Janet Franz, chair of the Governor's Council. "The proof is in the number of Vermont companies with topnotch wellness programs. The awards and conference highlight the best practices and give employers an opportunity to share their experiences and learn from each other."

Keynote speaker Graham Lowe, PhD, author of the book *Creating Healthy Organizations*, and president of a workplace consulting and research firm, will discuss what makes a healthy organization, the culture of such organizations, and how to get people engaged in wellness.

Afternoon workshops will dive deeper into a variety of subjects such as group goals, nutrition and physical activity in the workplace, wellness leadership, and workplace gardens.

The \$104 registration fee includes a healthy lunch and physical activity breaks.

For more information about the conference or to register visit:

<http://healthvermont.gov/family/fit/worksitewellness.aspx#conference>

The council's co-sponsors include the Vermont Department of Health, BlueCross and BlueShield of Vermont, The University of Vermont Medical Center, Northwestern Medical Center and INVEST EAP.

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